



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Holzmann, Robert

☐☐☐: 29:19:00

☐☐: LC Sierndorf

☐☐: 5.49 km/h

☐☐: 340

☐☐☐☐: 10:52 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 201 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 171 (of 247)

☐☐☐☐:

☐☐☐☐☐☐: 13:40:11

Senioren M50 (50-54 Jahre)

☐☐☐☐☐: 35(of 51)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	49:56	7:12	48	16:38	214	17:40	6.93	49:56	7:12	48	16:38	214	17:40
VP2 - Laufftreff Li	5.70	43:39	7:39	49	16:00	225	17:43	12.63	1:33:35	7:24	49	32:38	222	35:23
VP3 - Oranienbur	5.47	41:23	7:33	46	15:11	213	17:37	18.10	2:14:58	7:27	48	47:42	219	52:59
VP4 - Naturschut	4.97	43:10	8:41	43	18:19	207	20:01	23.07	2:58:08	7:43	46	1:06:01	214	1:13:00
VP5 - Frohnau	6.80	48:46	7:10	35	16:02	159	18:28	29.87	3:46:54	7:35	43	1:22:03	207	1:31:22
VP6 - Ruderclub	4.06	34:12	8:25	31	12:43	141	15:43	33.93	4:21:06	7:41	42	1:34:46	197	1:47:05
VP7 - Grenzturm	4.75	38:45	8:09	41	13:22	190	17:57	38.68	4:59:51	7:45	41	1:48:08	191	2:05:02
VP8 - Schönwald	7.53	1:01:49	8:12	34	19:22	153	26:13	46.21	6:01:40	7:49	41	2:07:30	186	2:31:15
VP9 - Falkenseer	5.69	56:03	9:51	44	22:13	198	28:55	51.90	6:57:43	8:02	41	2:29:43	186	3:00:10
VP10 - Karolinenl	6.60	1:07:16	10:11	44	27:04	200	37:07	58.50	8:04:59	8:17	42	2:56:30	186	3:37:17
VP11 - Pagel & Fi	4.90	1:03:45	13:00	45	33:38	220	41:00	63.40	9:08:44	8:39	40	3:28:24	190	4:18:17
VP12 - Schloss S	7.62	2:00:20	15:47	45	1:12:07	224	1:24:33	71.02	11:09:04	9:25	44	4:40:31	211	5:42:50
VP13 - Revierförs	6.21	56:51	9:09	27	16:02	141	27:11	77.23	12:05:55	9:23	43	4:56:23	205	6:10:01
VP14 - Brauhaus	6.00	1:01:54	10:18	37	19:43	174	32:22	83.23	13:07:49	9:27	42	5:15:41	203	6:42:23
VP15 - Gedenkst.	6.90	1:12:52	10:33	35	27:44	168	38:09	90.13	14:20:41	9:32	41	5:38:46	196	7:20:32
VP16 - Königswe	6.87	1:33:11	13:33	42	44:29	210	59:27	97.00	15:53:52	9:50	42	6:23:15	201	8:19:59
VP17 - Sportplatz	6.20	1:56:41	18:49	43	1:11:52	210	1:25:04	103.20	17:50:33	10:22	43	7:34:22	205	9:45:03
VP18 - Osdorfer	6.49	1:11:18	10:59	32	24:57	153	37:21	109.69	19:01:51	10:24	42	7:57:18	193	10:22:24
VP19 - Lichtenrav	5.71	1:08:38	12:01	40	28:40	183	39:19	115.40	20:10:29	10:29	42	8:22:54	189	11:01:43
VP20 - Kirchhain	4.35	54:54	12:37	29	23:37	148	30:36	119.75	21:05:23	10:34	40	8:42:08	185	11:32:19
VP21 - Buckow	6.15	1:01:24	9:59	16	18:06	84	26:24	125.90	22:06:47	10:32	38	8:57:36	183	11:58:43
VP22 - Rudow	4.97	56:01	11:16	27	18:40	117	34:38	130.87	23:02:48	10:33	35	9:11:41	174	12:26:05
VP23 - Johannistl	5.89	1:07:17	11:25	29	21:35	117	33:36	136.76	24:10:05	10:36	35	9:31:32	173	12:59:41
VP24 - Dammwe	5.64	1:06:29	11:47	31	25:58	132	34:48	142.40	25:16:34	10:39	35	9:47:36	170	13:34:08
VP25 - Eas Side	6.33	1:16:02	12:00	27	28:06	124	38:42	148.73	26:32:36	10:42	34	10:09:50	169	14:10:06
VP26 - Checkpoir	4.22	45:30	10:46	25	15:50	113	22:37	152.95	27:18:06	10:42	34	10:23:19	169	14:31:32
VP27 - Gedenkst.	4.12	1:04:13	15:35	36	33:06	170	39:30	157.07	28:22:19	10:50	35	10:52:48	172	15:09:21
Friedrich-Ludwig	4.78	56:41	11:51	35	28:43	158	32:18	161.85	29:19:00	10:52	35	11:15:09	171	15:38:49